

**COMPARISON OF STATE ANXIETY DURING PRE-COMPETITION PERIOD AMONG
FOOTBALL, BASKETBALL AND HOCKEY PLAYERS**

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ABSTRACT

The purpose of the study is to measure the state anxiety of players of football, basketball and hockey those have represented Manipur in the National level tournament. The main objective of the study was to compare the level of state anxiety during pre-competition period among players of football, basketball and hockey. The collection of data was pertaining to state anxiety of Football, Basketball and Hockey players of Manipur who have participated at the National level tournament. 30 male players from each from Football, Basketball and Hockey who have participate in the National level tournament was be selected as the subjects for the purpose of this study and the age of the subjects was range between 18 to 25 years under the Simple random sampling method. Competition State Anxiety Inventory (CSAI-2) total scores of Hockey players were significantly larger compared with those in Football players and Basketball players. But no significant difference Competition State Anxiety Inventory (CSAI-2) total scores between the Footballs players with Basketball Players.

Keywords: State anxiety, during pre-competition period Football, Basketball, Hockey, Manipur and National level tournament.

1.INTRODUCTION

Anxiety is one of the important psychological variables that affect the sports performances of an athlete. Anxiety refers to a sort of nervous and fear emotion formed by frustration or increasing of the sense of failure and guilty, which is resulted being unable to achieve goals. Anxiety refers to that emotional state of mind where fear of dander or loss or suffering is a prominent feature. It generally arises as a result of fear of something unknown, which creates tension and disturbance. Anxiety is one of the most common determinates of good performance. At worst, the effect of anxiety gets the athlete so tied up it knots that he is frozen in fear. At best anxiety subtly impairs performance by distracting the attention. Anxiety is one of the greatest problem of modern in scientific knowledge cultural conflicts, economics problem, industrialization, all add to the problem of man, thus, increasing the anxiety level refers to that emotional status of mind whereas fear or danger or loss of suffering is a prominent feature. It generally arises as a result of fear of same thing unknown which create tension and disturbance. As fear or danger or loss of suffering is a prominent feature. It generally arises as a result of fear of same thing unknown which create tension and disturbance. Athletes who chock or get psyched out during athletic competition are those whose can't cope with the anxiety however the anxiety that is always present in sports. Anxiety is one of the most common determinates of good performance. At worst, the effect of anxiety gets the athlete so tied up it knots that he is frozen in fear. At best anxiety subtly impairs performance by distracting the attention. Anxiety is a natural reaction to threats in the environment and part of the preparation for the 'fight or flight' response. This is our body's primitive and automatic response that prepares it to 'fight' or 'flee' from perceived harm or attack. It is a 'hardwired' response that ensures survival of the human species. Sporting competition promotes similar psychological and bodily responses because there is often a threat posed towards the ego; your sense of self-esteem. Essentially, when the demands of training or competition exceed one's perceived ability, anxiety is the inevitable outcome.

Today modern era of sports, psychological aspects of the player play a major role in training and giving high performance. Anxiety is always present in sports. In simple words it is a type of

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emotional disturbance. The level of anxiety may differ from individual to in a game like football etc. the result of competition is also responsible for the level of anxiety experienced and its positive and negative effect on the performance. In this way, there is general agreement that anxiety works as a drive to achieve some goal. Controlled anxiety can help in sports performance whereas uncontrolled anxiety creates hindrances. Keeping in view all these facts, the present investigator tries to find out the anxiety level differences among players of team games. The statement of the problem is, "Comparison of state anxiety during pre-competition period among players of selected team game".

1.1 OBJECTIVE OF THE STUDY

The main objective of the study is to compare the level of state anxiety during pre-competition period among football, basketball and hockey players".

HYPOTHESIS

There would be no significant difference of competition state anxiety inventory (CSAI-2) between players of football, basketball and hockey Players.

2. METHODOLOGY

For the present study only Competition State Anxiety Inventory Questionnaire was employed. The collection of data was pertaining to state anxiety of Football, Basketball and Hockey players of Manipur who have participated at the National level tournament. 30 male players from each from Football, Basketball and Hockey who have participated in the National level tournament was be selected as the subjects for the purpose of this study and the age of the subjects was range between 18 to 25 years under the Simple random sampling method. To collect data on the selected subjects the (CSAI-2) questionnaire was administered at the National levels of participation before competition. Before distributing the questionnaire the purpose of the study was be explained to the subjects so that the subjects will honest in their answers.

The data analyses conduct in different ways the scores of the response by the Players in questionnaires distributed to different players of (i.e. Football, Basketball and Hockey who have represented Manipur in the National level tournament. CSAI-2 questionnaires response statements were converted to scores for further analysis. One way ANOVA was employed by using F statistic to see the significant difference between groups and within groups. Since one way ANOVA test P value < 0.05 there was a significant difference in means between 3 groups, further Post-hoc test (Bonferroni correction) performs to see which groups are different from the other. Separate student T test and control the multiple comparisons with the Bonferroni correction method was employed for statistical analysis. For testing significance differences in cognitive state anxiety, somatic state anxiety and self confidence of the players of (i.e. Football, Basketball and Hockey) the level of significances chosen was 0.05 confidences.

3. RESULT

To see the significance differences in cognitive state anxiety, somatic state anxiety and self confidence of Football, Basketball and Hockey players are measured by using one way ANOVA to see the significant difference between groups and within groups. Post-hoc test (Bonferroni correction) performs to see which groups are different from the other. The significant differences of variables mean were analysed in two approach i.e. critical value approach and p-value approach. For comparing p-value with alpha α , the p-value was calculated by using Microsoft excel ANOVA and T test function.

The null hypothesis: there is no significant difference between the mean of 3 groups, Means of 3 groups are equal.

Comparison of competition state anxiety inventory (CSAI-2) between players of football, basketball and hockey:

Table-1

Calculated Mean and SD of Competition State Anxiety Inventory (CSAI-2) total scores of players of Football, Basketball and Hockey

Players	Football Players	Basketball Players	Hockey Players
Total Mean score of CSAI-2	67.43	63.86	73.5
SD	7.83	8.16	5.94

Table -1, indicated that Hockey Players are having highest 73.5 mean value, Football players are having 67.43 and Basketball Players have 63.86 mean Competition State Anxiety Inventory (CSAI-2) total scores. It is graphically shown in figure no.1 below.

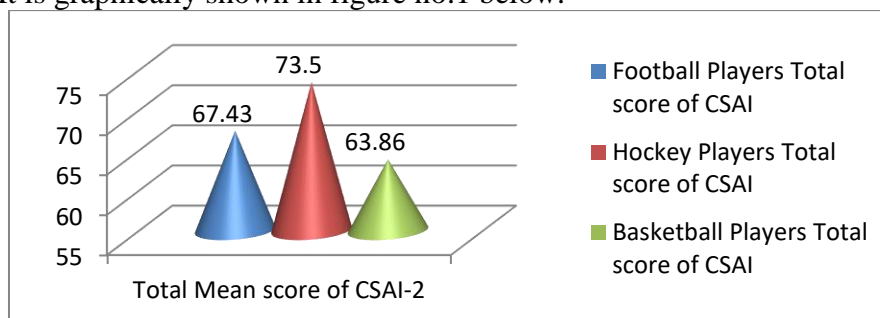


Fig 1: Mean comparison of Competition State Anxiety Inventory (CSAI-2) total scores between Football, Basketball and Hockey Players

Table-2

Calculated summary and ANOVA of Competition State Anxiety Inventory (CSAI-2) total scores of Football, Hockey, Basketball players

SUMMARY

Groups	Count	Sum	Average	Variance
Football Players Total score of CSAI	30	2023	67.43	61.35
Hockey Players Total score of CSAI	30	2205	73.5	35.29
Basketball Players Total score of CSAI	30	1916	63.86	66.74

ANOVA

Source of Variation	SS	df	MS	F	P-value	F crit
Between Groups	1813.89	2	906.95	14.56	0.009	2.68
Within Groups	5417.03	87	62.26			
Total	7230.92	89				

Degree of freedom between groups (3-1) = 2 and within group (90-3) = 87, level of significance = 0.05, F critical value = 2.68

Since the calculated F statistic value = 14.56 is greater than the critical F value of (F crit = 2.68), and the p-value 0.009 < .05 this is a strong evidence to reject the null hypothesis. There is a difference between the mean of 3 groups of players Competition State Anxiety Inventory (CSAI-2) total scores. Further Post-hoc test needed to perform to see which groups are different from the other.

Table-3

Calculated Post-Hoc test of Competition State Anxiety Inventory (CSAI-2) total scores of Football, Hockey, Basketball players

Post-Hoc Test	
Groups	P value (T test)
Football Players Vs Hockey Players	0.19
Football Players Vs Basketball Players	0.10
Hockey Players Vs Basketball Players	0.005**

Post-hoc test (Bonferroni corrected) value = 0.01

There is a significant difference in average of Competition State Anxiety Inventory (CSAI-2) total scores between the Hockey players ($F(3,116) = 14.56, P < .05$). The Post-hoc analysis revealed that the Competition State Anxiety Inventory (CSAI-2) total scores of Hockey players (73.5 ± 5.94) were significantly larger compared with those in Football players (67.43 ± 7.83) and Basketball players ($63.86 \pm 8.16, P < .05$). But no significant difference Competition State Anxiety Inventory (CSAI-2) total scores between the Football players with Basketball Players. The Post-hoc analysis revealed ($0.10 > \text{Post-hoc test (Bonferroni corrected) value} = 0.01$) respectively.

Discussion of finding:

It was clearly seen in above statistical analysis that cognitive state anxiety, somatic state anxiety and self confidence of the players of (i.e. Football, Basketball and Hockey) who have represented Manipur in the National level tournament. The data analysis conduct in different ways the scores of the response by the Players in questionnaires distributed to different players of (i.e. Football, Basketball and Hockey) who have represented Manipur in the National level tournament. Hockey Players are having highest 73.5 mean value, Football players are having 67.43 and Basketball Players have 63.86 mean Competition State Anxiety Inventory (CSAI-2) total scores. Since the calculated F statistic value = 14.56 is greater than the critical F value of ($F_{crit} = 2.68$), and the p-value $0.009 < .05$ this is a strong evidence to reject the null hypothesis. There is a difference between the mean of 3 group players Competition State Anxiety Inventory (CSAI-2) total scores. There is a significant difference in average of Competition State Anxiety Inventory (CSAI-2) total scores between the Hockey players ($F(3,116) = 14.56, P < .05$). The Post-hoc analysis revealed that the Competition State Anxiety Inventory (CSAI-2) total scores of Hockey players (73.5 ± 5.94) were significantly larger compared with those in Football players (67.43333 ± 7.83) and Basketball players ($63.86 \pm 8.16, P < .05$). But no significant difference Competition State Anxiety Inventory (CSAI-2) total scores between the Football players with Basketball Players.

Testing of Hypothesis:

Hockey Players are having highest mean Competition State Anxiety Inventory (CSAI-2) total scores. There is a significant difference in average of Competition State Anxiety Inventory (CSAI-2) total scores between the Hockey players. Hockey players were significantly larger compared with those in Football players and Basketball players. Therefore we reject the null hypothesis.

CONCLUSION

Competition state anxiety inventory (CSAI-2) comparison between players of football, hockey and basketball. Competition State Anxiety Inventory (CSAI-2) total scores of Hockey players were significantly larger compared with those in Football players, and Basketball players. But no significant difference Competition State Anxiety Inventory (CSAI-2) total scores between the Football players with Basketball Players.

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